

## TRIGLYCERIDE BENEFITS

DLUWLF= Dr. Levine's Ultimate Weight Loss Formula

### Patient #1 (1913)

11/30/2001 baseline lipid panel on no medications LDL 190, HDL 44, Trig 159

3/25/2002 lipid panel on only DLUWLF , LDL 128, HDL 53, Trig 63

**RESULTS:** LDL decreased 62 points or 33%, HDL increased 9 points or 20% (36% reduction in heart disease), and **Trig. decreased 96 points or 63%**

### Patient # 2 (928)

5/31//02 shows lipid panel off ALL medication (off LIPITOR 80 mg, NIASPAN, & WELCHOL) : LDL 50, HDL 32, Trig 243

NOTE: The 5/02 labs were taken one month after stopping 3 drugs. Patient could not get optimum results on the 3 medications..

1/13/03 lipid panel on only DLUWLF shows LDL 58, HDL 50, and Trig 111

**RESULTS:** LDL increased by 8 points (16%), HDL increased by 8 points ( $\uparrow$  25%), and **Triglycerides decreased by 132 ( $\downarrow$ 54 %)** .

### Patient # 3 (001)

This is the handwritten labs received by phone by applicant's nurse. The person lives out of state and began using DLUWLF after the 11/01 baseline lab work.

11/01 baseline lipid profile on no medications: LDL 145, HDL 62, Trig 218

Note: Individual began DLUWLF after 11/01 labs

5/02/02 lipid profile only on DLUWLF : LDL 90, HDL 58, Trig 103

**RESULTS:** LDL decreased by 55 points or 38% on DLUWLF, HDL decreased by 4 points, and **Trig decreased by 115 points or 53%**. This is a man who required cholesterol medication prior to beginning DLUWLF and no longer requires it. His LDL has decreased from moderate risk of heart disease, to the lowest risk of heart disease.

### Patient # (1543)

10/04/00 shows baseline (No medications) lipid panel with LDL of 185 and HDL of 39  
Trig. 138

Patient was then titrated up to ZOCOR 80 and NIASPAN 1.5 grams over time.

12/03/02 **off all medications** for 2 months and only on DLUWLF shows LDL has decreased 39 points or 21% , HDL is 61 and Trig. 63.

**RESULTS:** When comparing initial blood work off medication to 11/27/02 blood work off medications and only on DLUWLF, LDL has dropped 39 points (21%), HDL has increased 22 points or 56%, and **Trig have decreased 75 points or 54%**

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## LABORATORY REPORT

Patient Name	Patient ID/Hospital ID	Room No.	Age	Sex	Physician	
D [REDACTED] M	1913		49	M	LEVINE, SCOTT	
Page	Requisition No.	Accession No.	Lab Ref No.	Collection Date & Time	Log-in Date	Report Date & Time
1	7158904	TP197038L	7158904	11/28/2001 09:17	11/28/2001	11/30/2001 05:00

Remarks

WT 215 NO meds

SS#:

Report Status	FINAL	Test	Result In Range	Result Out of Range	Units	Reference Range	Site Code
LIPID PANEL							
TRIGLYCERIDES		TC 266		159 H	MG/DL	<150	TP
CHOLESTEROL, TOTAL		LDL 190		266 H	MG/DL	<200	TP
HDL-CHOLESTEROL		HDL 44			MG/DL	>59	TP
HDL CHOLESTEROL		Trig 159	44		MG/DL (CALC)	<100	TP
LDL-CHOLESTEROL		TC/HDL 6.05		190 H			

LDL CHOLESTEROL (MG/DL) GOALS AND CUTOFFS FOR THERAPEUTIC LIFESTYLE CHANGES (TLC) AND DRUG THERAPY IN DIFFERENT RISK CATEGORIES (AFTER EXCLUSION OF IF APPROPRIATE, TREATMENT OF SECONDARY CAUSES OF LDL ELEVATION). FROM NCEP ATP-III REPORT, MAY 2001.

RISK CATEGORY	LDL GOAL	LDL TO INITIATE TLC	LDL TO CONSIDER DRUG THERAPY
CHD OR CAD EQUIVALENTS: 10YR RISK >20%	<100	> OR =100	> OR =130 (100-129:DRUG OPTIONAL)
2+ RISK FACTORS: 10YR RISK 10-20%	<130	> OR =130	> OR =130
2+ RISK FACTORS: 10YR RISK <10%	<130	> OR =130	> OR =160
0-1 RISK FACTORS	<160	> OR =160	> OR =190 (160-189:DRUG OPTIONAL)

Amount  
Lipomed

CHOL/HDLC RATIO	6.05 H	(CALC)	<4.98	TP
<u>COMPREHENSIVE METABOLIC PANEL</u>				
GLUCOSE	79	MG/DL	65-109	TP
UREA NITROGEN (BUN)	16	FASTING REFERENCE	INTERVAL	
CREATININE	1.0	MG/DL	7-25	
BUN/CREATININE RATIO	16	MG/DL	0.5-1.4	
SODIUM	140	(CALC)	6-25	
POTASSIUM	4.8	MMOL/L	135-146	
CHLORIDE	107	MMOL/L	3.5-5.3	
CARBON DIOXIDE		MMOL/L	98-110	
CALCIUM	8.9	MMOL/L	21-33	
PROTEIN, TOTAL	7.2	MG/DL	8.5-10.4	
ALBUMIN	4.6	G/DL	6.0-8.3	
GLOBULIN	2.6	G/DL	3.5-4.9	
ALBUMIN/GLOBULIN RATIO	1.8	G/DL (CALC)	2.2-4.2	
BILIRUBIN, TOTAL	0.8	(CALC)	0.8-2.0	
		MG/DL	0.2-1.5	

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## LABORATORY REPORT

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Patient Name	Patient I/O/Hospital ID	Room No.	Age	Sex	Physician	
D [REDACTED] M	1913		49	M	LEVINE, SCOTT	
Page	Requisition No.	Accession No.	Lab Ref No.	Collection Date & Time	Log-in Date	Report Date & Time
1	7159172	TP914803M	7159172	03/25/2002 09:19	03/25/2002	03/26/2002 05:00
Remarks						

W+180

No meds

SS#:

Report Status	FINAL	Test	Result In Range    Out of Range	Units	Reference Range	Site Code
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PATIENT DATE OF BIRTH: 07/22/1952

LIPID PANEL TC 194

TRIGLYCERIDES	LDL 128	63	MG/DL	<150	TP
CHOLESTEROL, TOTAL	HDL 53	194	MG/DL	<200	TP
HDL CHOLESTEROL	Trig 63	53	MG/DL	>OR=40	TP
LDL-CHOLESTEROL	TC/HDL 3.7	128	MG/DL (CALC)	<130	TP

LDL CHOLESTEROL (MG/DL) GOALS AND CUTOFFS FOR THERAPEUTIC LIFESTYLE CHANGES (TLC) AND DRUG THERAPY IN DIFFERENT RISK CATEGORIES (AFTER EXCLUSION OF, IF APPROPRIATE, TREATMENT OF SECONDARY CAUSES OF LDL ELEVATION) - FROM NCEP ATP-III REPORT, MAY 2001.

→ Excellent  
Improvement

RISK CATEGORY	LDL GOAL	LDL TO INITIATE TLC	LDL TO CONSIDER DRUG THERAPY
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CHD OR CAD EQUIVALENTS: 10YR RISK >20%	<100	> OR =100	> OR =130 (100-129:DRUG OPTIONAL)
2+ RISK FACTORS: 10YR RISK 10-20%	<130	> OR =130	> OR =130
2+ RISK FACTORS: 10YR RISK <10%	<130	> OR =130	> OR =160
0-1 RISK FACTORS	<160	> OR =160	> OR =190 (160-189:DRUG OPTIONAL)

CHOL/HDLC RATIO

3.7 (CALC) &lt;5.0 TP

COMPREHENSIVE METABOLIC PANEL

GLUCOSE	87	FASTING REFERENCE	65-109 INTERVAL
UREA NITROGEN (BUN)	13	MG/DL	7-25
CREATININE	1.0	MG/DL	0.5-1.4
BUN/CREATININE RATIO	13	(CALC)	6-25
SODIUM	141	MMOL/L	135-146
POTASSIUM	5.0	MMOL/L	3.5-5.3
CHLORIDE	105	MMOL/L	98-110
CARBON DIOXIDE	26	MMOL/L	21-33
CALCIUM	9.7	MG/DL	8.5-10.4
PROTEIN, TOTAL	7.4	G/DL	6.0-8.3
ALBUMIN	4.7	G/DL	3.5-4.9
GLOBULIN	2.7	G/DL (CALC)	2.2-4.2
ALBUMIN/GLOBULIN RATIO	1.7	(CALC)	0.8-2.0

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## LABORATORY REPORT

Patient Name H [REDACTED] S	Patient ID/Hospital ID 928	Room No.	Age 43	Sex M	Physician LEVINE, SCOTT
Page 1 Requisition No. 7159315	Accession No. TP979330N	Lab Ref No. 7159315	Collection Date & Time 05/31/2002 08:29	Log-in Date 05/31/2002	Report Date & Time 06/01/2002 05:00

Remarks

SS#:

Report Status	FINAL	Test	Result In Range Out of Range	Units	Reference Range	Site Code
<b>PATIENT DATE OF BIRTH: 07/30/1958</b>						
<b>LIPID PANEL</b>						
TRIGLYCERIDES		TC 131	243 H <i>Off</i>	MG/DL	<150	TP
CHOLESTEROL, TOTAL		LDL 50	131 <i>Highter</i>	MG/DL	<200	TP
HDL CHOLESTEROL		HDL 32	32 <i>Low Nitrogen</i> <i>shelched</i>	MG/DL	>OR=40	TP
LDL-CHOLESTEROL		Trig 243	50	MG/DL (CALC)	<130	TP
CHOL/HDLC RATIO		Tc/HDL 4.1	4.1 <i>LDL &gt; HDL</i>	(CALC)	<5.0	TP
<b>COMPREHENSIVE METABOLIC PANEL</b>						
GLUCOSE			123 H <i>On</i>	MG/DL	65-109	TP
UREA NITROGEN (BUN)		18	D Lwlf	FASTING REFERENCE	INTERVAL	
CREATININE		0.8	MG/DL	7-25		
BUN/CREATININE RATIO		23	MG/DL	0.5-1.4		
SODIUM		137	(CALC)	6-25		
POTASSIUM		4.2	MMOL/L	135-146		
CHLORIDE		104	MMOL/L	3.5-5.3		
CARBON DIOXIDE		22	MMOL/L	98-110		
CALCIUM		9.1	MMOL/L	21-33		
PROTEIN, TOTAL		7.4	MG/DL	8.5-10.4		
ALBUMIN		4.2	G/DL	6.0-8.3		
GLOBULIN		3.2	G/DL	3.5-4.9		
ALBUMIN/GLOBULIN RATIO		1.3	G/DL (CALC)	2.2-4.2		
BILIRUBIN, TOTAL		0.6	(CALC)	0.8-2.0		
ALKALINE PHOSPHATASE		99	MG/DL	0.2-1.5		
AST		28	U/L	20-125		
ALT		37	U/L	2-50		
				U/L	2-60	
<b>CBC (INCLUDES DIFF/PLT)</b>						
WHITE BLOOD CELL COUNT		10.9 H	6/5 <i>pt notifed</i>	THOUS/MCL	3.8-10.8	TP
RED BLOOD CELL COUNT		5.14		MILL/MCL	4.20-5.80	
HEMOGLOBIN		16.4		G/DL	13.2-17.1	
HEMATOCRIT		47.6		%	38.5-50.0	
MCV		92.4		FL	80.0-100.0	
MCH		31.8		PG	27.0-33.0	
MCHC		34.4		G/DL	32.0-36.0	
RDW		13.6		%	11.0-15.0	
PLATELET COUNT		236		THOUS/MCL	140-400	
ABSOLUTE NEUTROPHILS		7052		CELLS/MCL	1500-7800	
ABSOLUTE LYMPHOCYTES		2834		CELLS/MCL	850-3900	
ABSOLUTE MONOCYTES		774		CELLS/MCL	200-950	
ABSOLUTE EOSINOPHILS		196		CELLS/MCL	50-550	
ABSOLUTE BASOPHILS		44		CELLS/MCL	0-200	
NEUTROPHILS		64.7		%		
LYMPHOCYTES		26.0		%		
MONOCYTES		7.1		%		
EOSINOPHILS		1.8		%		
BASOPHILS		0.4		%		

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## LABORATORY REPORT

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Patient Name	Patient ID/Hospital ID	Room No.	Age	Sex	Physician	
R [REDACTED]	928		44	M	LEVINE, SCOTT	
Page	Requisition No.	Accession No.	Lab Ref No.	Collection Date & Time	Log-in Date	Report Date & Time
1	7159786	TP296150R	7159786	01/13/2003 10:15	01/13/2003	01/14/2003 05:00
Remarks						

SS#:

Report Status	FINAL	Test	Result In Range    Out of Range	Units	Reference Range	Site Code
PATIENT DATE OF BIRTH: 07/30/1958						
<u>LIPID PANEL</u>						
TRIGLYCERIDES	TC 130	111		MG/DL	<150	TP
CHOLESTEROL, TOTAL	LDL 58	130	On 2 Scoops	MG/DL	<200	TP
HDL CHOLESTEROL	HDL 50	50	DWULF	MG/DL	>OR=40	TP
LDL-CHOLESTEROL	Trig 111	58		MG/DL (CALC)	<130	TP
CHOL/HDL RATIO	TC/HDL 2.6	2.6		(CALC)	<5.0	TP
<u>COMPREHENSIVE METABOLIC PANEL</u>						
GLUCOSE		124 H		MG/DL	65-109	TP
UREA NITROGEN (BUN)		12	FASTING REFERENCE INTERVAL	MG/DL	7-25	
CREATININE		1.0		MG/DL	0.5-1.4	
BUN/CREATININE RATIO		12	(CALC)	MMOL/L	6-25	
SODIUM		139		MMOL/L	135-146	
POTASSIUM		4.0		MMOL/L	3.5-5.3	
CHLORIDE		106		MMOL/L	98-110	
CARBON DIOXIDE		22		MMOL/L	21-33	
CALCIUM		9.3		MG/DL	8.5-10.4	
PROTEIN, TOTAL		7.5		G/DL	6.0-8.3	
ALBUMIN		4.3		G/DL	3.5-4.9	
GLOBULIN		3.2		G/DL (CALC)	2.2-4.2	
ALBUMIN/GLOBULIN RATIO		1.3		(CALC)	0.8-2.0	
BILIRUBIN, TOTAL		0.8		MG/DL	0.2-1.5	
ALKALINE PHOSPHATASE		97		U/L	20-125	
AST		24		U/L	2-50	
ALT		41		U/L	2-60	
<u>CBC (INCLUDES DIFF/PLT)</u>						
WHITE BLOOD CELL COUNT		17.2 H		THOUS/MCL	3.8-10.8	TP
RED BLOOD CELL COUNT		5.32		MILL/MCL	4.20-5.80	
HEMOGLOBIN		17.0		G/DL	13.2-17.1	
HEMATOCRIT		94.6		%	38.5-50.0	
MCV		32.0		FL	80.0-100.0	
MCH		33.8	must take care	PG	27.0-33.0	
MCHC		13.8	of A&g	G/DL	32.0-36.0	
RDW		243		%	11.0-15.0	
PLATELET COUNT		12384 H		THOUS/MCL	140-400	
ABSOLUTE NEUTROPHILS		3268		CELLS/MCL	1500-7800	
ABSOLUTE LYMPHOCYTES		1342 H		CELLS/MCL	850-3900	
ABSOLUTE MONOCYTES		138		CELLS/MCL	200-950	
ABSOLUTE EOSINOPHILS		69		CELLS/MCL	15-500	
ABSOLUTE BASOPHILS		72.0		CELLS/MCL	0-200	
NEUTROPHILS		19.0		%		
LYMPHOCYTES		7.8		%		
MONOCYTES		0.8		%		
EOSINOPHILS		0.4		%		
BASOPHILS			4/14/03	%		

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Gene Ahnen

001

11/01 TC 251  
LDL 145  
HDL 62  
Trig 218

No meds

Weight 229

5/02 TC 169  
LDL 90  
HDL 58  
Trig 103

11/02  
weight  
178

Total weight loss. 51 lbs.

These labs were given to me by pt over the phone. This patient lives out of state and has been using the DLWLF. Beth Larson